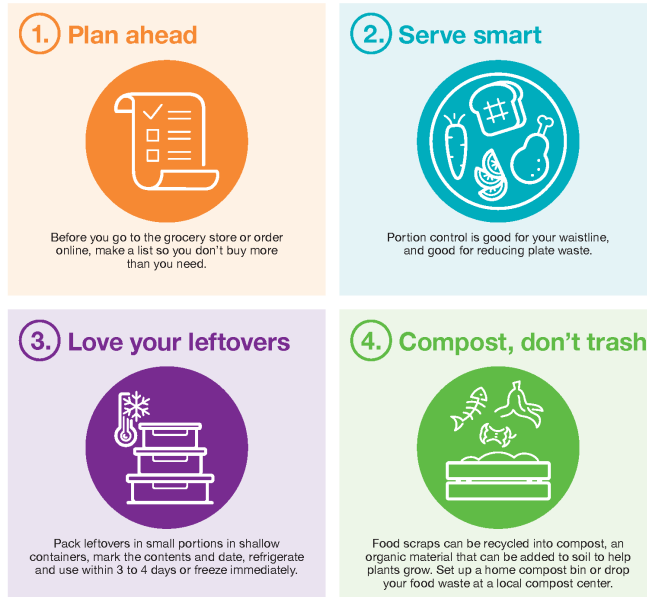


Cornell Cooperative Extension

Summer Quick Tips



Reducing Food Waste Can Help Your Food Budget!

Buying food you end up throwing away because it went bad is like throwing away money. The average family of four throws away food worth \$1500 each year. Here are some ideas to help you use the food you buy:

1. Shop your pantry, refrigerator and freezer to see what you have before you buy more food. What can you make with the ingredients you have?
2. Find ways to use produce that looks a bit wilted and past its prime. Try adding it to soups, omelets, quesadillas or stir-fries.
3. Make sure to use leftovers – either for lunch the next day or as part of a meal in the next few days.
4. Understand dates on packages. Best by dates do not mean the food is spoiled or unsafe to eat past the date. Best by dates tell us when the product is at its best quality.
5. Consider freezing food that is a little past its prime or leftovers you know you won't have time to eat. Label the package with the name of the product and the date you put it in the freezer. This is a great way to keep vegetables and fruits you can later use in recipes, smoothies, soups, etc.

For more information on reducing food waste, go to :

<https://conservefood.org/learn-explore/tips-to-conserve-food-and-reduce-food-waste/>



FARMERS' MARKET TIPS

July is a bountiful month for locally grown vegetables and fruits. You can use your SNAP benefits, FMNP checks, Double Up Food Bucks and WIC Fruit and Vegetables benefits at many farmers' markets. Look for family favorites like green and yellow beans, tomatoes, onions, broccoli, peaches, blueberries and cherries.



Building Healthy Habits Recipe

Greek Salad

Serving size: 1 cup

6 servings per recipe

Ingredients

6 Romaine lettuce leaves, torn into 1 ½ inch pieces
(more if desired)

1 medium cucumber (peeled and sliced)

1 medium tomato, chopped

½ cup sliced red onion

1/3 cup crumbled feta cheese

2 tablespoons olive oil

2 tablespoons lemon juice

1 teaspoon dried oregano

Salt to taste, or ½ teaspoon

Directions

1. Wash hands with soap and water.
2. Combine lettuce, cucumber, tomato, onion, and cheese in large serving bowl.
3. Whisk together oil, lemon juice, oregano, and salt in a small bowl.
4. Pour over lettuce mixture; toss until coated
5. Serve immediately; refrigerate leftovers within 2 hours.

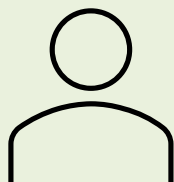
Source: <https://myplate.food/recipes/greek-salad>



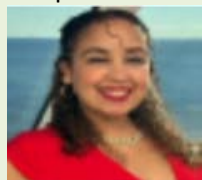
Nutrition Facts (per serving): 82 calories, 6.5 g Total Fat, 2g saturated fat, 100 mg sodium, 4g carbohydrates, 1g dietary fiber, 2g total sugars, 0g added sugar, 2g protein, 60mg calcium, 159mg potassium, 0mg iron

Kid's Book Club

Head to the public library with your child and borrow "My Magical Foods - Get Picky Eaters to Choose Veggies and Fruits!" by Becky Cummings. Read the book with your child then talk and see if there is a food they are willing to try. Give a few options they could try!



Meet Your Bi-Lingual Nutrition Educators located at Cornell Cooperative Extension of Westchester County!



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